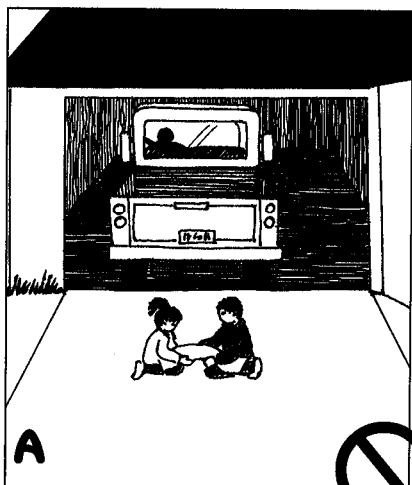


Tip #10

play it safe: walking and biking safely (toddlers & preschoolers)



A
Toddlers are often hurt by backing vehicles.



B. Hold your child's hand so she doesn't dash into the street.

C. Parks and playgrounds are safe places to play away from traffic.



Dangers for young children on the move:

- darting out into traffic from the middle of the block;
- playing in or near the street;
- riding a tricycle or bike in a parking lot, driveway, or street.

Young children are NOT small adults!

1. They move quickly and can run into the street without warning.
2. They don't know safety rules and expect adults to watch out for them.
3. They are small and hard for drivers to see.
4. They cannot judge speed or distance of vehicles moving toward them.

Children hit by cars can be hurt or killed, even when cars are moving slowly. Toddlers (one and two year olds) are most often hurt by a backing vehicle. If a child is playing in a driveway or parking area (**A**), a driver may not see him. Preschoolers (three and four year olds) are most often hit when dashing across a street near home.

Falls from tricycles or other play vehicles can cause serious head and brain injury. These injuries to young children can be as serious as injuries to older children falling from bikes.

Take steps to safety

Supervise, supervise, supervise

Parents and caregivers must watch toddlers and preschoolers closely when they are near parked or moving vehicles. To supervise properly, you must be near your child, not watching from a distance. Hold your child's hand when you walk together along the street (**B**).

Find safe places to play

Keep children away from traffic (**C**). Fenced yards, parks, or playgrounds are good places for your child to ride and play.

Are there safe play places for children in your neighborhood? If not, talk with neighbors, local police, and community planners about ways to improve the area. (See Tip 14.)

Set a safe example

Young children learn by watching adults. Show them safe ways to cross streets and always wear a helmet when you ride a bike.

Get them in the habit

When walking, talk to your child about street safety. Show him/her how to stop at the edge of the street and look for cars. Don't expect your young child to do this by herself.

Start children wearing helmets with their first tricycles or play vehicles. When children begin helmet use early, they are more likely to keep the habit in later years.